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Public Safety Offers Women's Self-Defense Workshop

January 5, 1999

Contact: Peter Cook at 581-3756

ORONO -- The Public Safety Department at the University of Maine will hold a free women's self defense workshop open to all members of the campus community and the general public.

The class, Rape Aggression Defense, will be held in the Wooley Room at Doris Twitchell Allen Village on Thursday nights from 5:30 to 8:30 p.m. starting January 21 and ending February 18.

“For most women, fighting back is not an option,” says Deborah Mitchell, crime prevention officer with Public Safety. “What we're trying to do with this class is empower women and give them that option.”

The five-session class will instruct women in techniques taken from martial arts, and is appropriate for all ages, says Mitchell. The course is taught by Mitchell, Sergeant Robert Norman and Officer Sherri Marquis.

“We've had everyone from young teenage girls to a 76-year old woman take the class,” says Mitchell. “It's the equivalent of a mild aerobic workout.”

In the class, participants will be taught basic martial arts defensive techniques and personal safety awareness, says Mitchell. In the final class, the students will be given the chance to deal with a simulated assault.

“This class will give them a new self-confidence that they are capable of defending themselves and will survive the assault,” says Mitchell. “Women who take the program will come out of it a different person.”

For more information or to register for the class, call Mitchell at 581-4036.